Shopping Essentials: Safety Protocol

WCT COVID-19 Task Force
April 2020
Follow Social Distancing

1. DO NOT step out even for essentials if you are meant to self-isolate because you are sick or are showing symptoms.
2. Only reasons to step out of your house during the lockdown:
   - Healthcare
   - Shopping for essential supplies

Keep in mind that visiting a store involves increased risk in the form of possible crowding, direct/indirect contacts during transit, purchase, payment, and delivery.
So step out, if and only if necessary.

Stay in your bubble
Shop Smart

- Seek reliable vendors/suppliers who will deliver items to your home/society.
- Avoid panic-buying and hoarding; be realistic while assessing your needs; coordinate with neighbors to pool orders.
- Look out for elderly/dependent/disabled individuals who would need assistance.
- Be aware of opening-closure timings of shops nearby, movement restrictions (if any), and possibility of placing pre-orders before heading out.
The ‘Rule of Ones’

One person

Designate person/s (at lower risk of suffering from extreme form of COVID-19) to go out to shop for essentials.

One bag

Designate bag/s to be used to carry your purchases, thoroughly wash them after use, and keep those away from other objects at home.

One set of clothes

Designate set/s of clothes to be used while stepping out. Wash them thoroughly after each use and keep those separate from other clothes.

One visit

Minimise the number of visits to shop for essentials.
Prepare and follow a check-list

- Shopping-list
- Mask/home made face-cover
- Pocket hand sanitizer
- Gloves
- Phone (avoid touching your phone; where possible, place it in clear plastic bag)
- Credit/Debit card – opt for contactless payment methods such as digital payment, digital wallets, phone/net banking, etc.
- Small change - to make exact payments to avoid money exchanging hands more than once
When Leaving Home

**Do**
- Follow the check-list
- Prepare a soap solution with added salt to drop face cover in after returning
- Wash hands thoroughly before putting on mask/face-cover

**Don’t**
- Don’t wear shorts and shirts with short-sleeves
- Don’t touch surfaces such as handrails, gate-handles etc.
- Don’t head out on an empty stomach and/or with a full bladder
While traveling to the shop

**Do**

- Maintain the suggested distance of 6 feet from the next person
- Minimise time of transit; use the shortest possible route to and from the shop

**Don’t**

- Don’t have stop-overs, loiter, or make social visits
- Don’t touch the front of your mask/face cover
- Don’t remove your mask/face cover
While at the shop

**Do**
- Maintain a minimum distance of 6 feet
- Be patient, calm and composed while in a queue
- Share shopping-list and collect later, if possible
- Use hand gloves, sanitizer
- Cough/sneeze into handkerchief or inside of your elbows if not using a face-mask
- Minimise the time spent shopping

**Don’t**
- Don’t enter crowded, closed-spaces
- Don’t touch other products, shopping carts, baskets, shelves, desks...
- Don’t use public toilets
- Don’t touch the front of your mask/face cover
- Don’t remove your mask/face cover
- Don’t touch your face, eyes, nose, and mouth
### While at the payment counter

**Do**
- Maintain a minimum distance of 6 feet from others. (We cannot stress this enough!)
- Opt for contactless payment options—mobile wallets, UPI, credit/debit cards, etc.
- Carry a separate change-bag to collect returned cash
- Use hand gloves, or clean hands with sanitizer before and after payment
- Minimise the time spent at the counter

**Don’t**
- Don’t enter crowded, closed-spaces
- Don’t touch the counter, other products, shelves etc.
- Don’t touch the front of your mask/face cover
- Don’t remove your mask/face cover
- Don’t touch your face, eyes, nose, and mouth
After returning home

**Do**

- Clean your footwear with soap and water, or alcohol-based cleanser, dry and double-bag it, and keep away from others
- Wash hands and feet thoroughly using soap and water, or sanitizer

**Don’t**

- Don’t place shopping bag/s at various spots in the house
- Don’t touch others in the household without observing personal hygiene
After returning home

**Do**
- Put the grocery bag/s into a separate bag prior to emptying; wipe the packaging with soap and water
- Put returned cash, etc. in a separate bag, and keep out of reach from others in the household
- Clean masks/face covers immediately after each use
- Wash used clothes immediately after each use
- Wash fruits and vegetables thoroughly with water

**Don’t**
- Don’t keep used masks/face covers in the open and within reach of others in the household
- Don’t mix used clothes with other clothes
Keep in mind

SOCIAL DISTANCING
A minimum distance of 6 feet must be maintained at all times when outside.

WASH YOUR HANDS FREQUENTLY
with soap for 20 seconds.

HOMEMADE REUSABLE FACE COVERS
only reduce the chances of inhaling droplets still in the air from an infected person.
THEY DO NOT GIVE FULL PROTECTION.

MUST WASH AND CLEAN
homemade reusable face covers after each use (instructions in next slide).

NEVER REUSE
the face covers without washing.

NEVER SHARE
the face covers without washing.
How to cleanse/sanitize face covers?

01
Wash face cover thoroughly with soap and warm water and leave it to dry in hot sun for at least 5 hours.

02
Boil the cloth part of the face cover in hot water for 15 minutes.

03
Wash with soap and water and apply heat to the face-cover using a clothing iron for up to 5 minutes.
How to store a clean face cover?

It is recommended that you make two face covers so you can wear one, while the other is washed and dried.

1. Take any plastic bag at home
2. Clean it thoroughly with soap and water
3. Let it dry well on both sides

4. Keep your extra clean face cover in this clean bag
5. Keep it sealed well
6. Now you can rotate your face covers for daily use